

IMPERIAL

	Talks City and Guilds Lecture Theatre	Spotlight talks Ground Floor Drum Lecture Theatre	Wellbeing unplugged talks Lower Ground Business School	Tai Chi balance challenge Lower Ground Business School	Inside a dental tech startup Lower Ground Business School	Earthbeat: the underground cèilidh Lower Ground Business School							
Time	No. 1 and 2	No. 16	No. 18	No. 19	No. 21	No. 22	Time						
18.00			Lates opens				18.00						
18.05							18.05						
18.10							18.10						
18.15							18.15						
18.20							18.20						
18.25							18.25						
18.30							18.30						
18.35							18.35						
18.40	Enhance your body! The dangers of chasing image perfection with drugs 18.40-19.25	Can your nightmares predict your health? 18.45-19.05	Self-defence: a myth-busting guide to immune health 18.45-19.10	Tai Chi balance challenge 18.40-19.10	Earthbeat: the underground cèilidh 18.20-19.00	18.40	18.40						
18.45							18.45						
18.50		Studying brainwaves to understand how sleep works 19.40-20.00					18.50						
18.55		Self-defence: a myth-busting guide to immune health 19.35-20.00	Tai Chi balance challenge 19.30-20.00				18.55						
19.00			Inside a dental tech startup 19.20-20.05	19.00	19.00								
19.05					19.05								
19.10					19.10								
19.15					19.15								
19.20					19.20								
19.25					19.25								
19.30					19.30								
19.35			Earthbeat: the underground cèilidh 19.20-20.00	19.35	19.35								
19.40		Self-defence: a myth-busting guide to immune health 20.15-20.45			Tai Chi balance challenge 20.15-20.45			19.40					
19.45								19.45					
19.50								19.50					
19.55								19.55					
20.00								20.00					
20.05	Creating healthy habits 20.05-20.45							20.05					
20.10								20.10					
20.15								20.15					
20.20								20.20					
20.25	How old are you really? How you walk affects how you age 20.25-20.45	Self-defence: a myth-busting guide to immune health 20.25-20.50						20.25					
20.30		Earthbeat: the underground cèilidh 20.20-21.00	20.30	20.30									
20.35				20.35									
20.40				20.40									
20.45				20.45									
20.50				20.50									
20.55				20.55									
21.00	Lates closes					21.00							